

Lesson two

Topic: Daily Nutritional log

Learning outcomes: To learn and understand the recommended daily servings required for a balanced diet. To complete a nutritional log based on four meals a day (breakfast, lunch, dinner and snacks)

Key Words:

Breakfast, lunch, dinner, snacks, meat, cereals, fruits, vegetables, dairy products, recommended servings, spinach, cauliflower, cabbage, cucumber, asparagus, pumpkin, Brussels sprouts, root vegetable

Suggested Tasks/activities:

- Classify the 4 times meals consumed in a day
- Give key vocab. **Writing task:** Words for students to complete the log and work out the total servings consumed
- **Speaking task:** Students to come to the front and describe the breakfast foods, lunch foods etc. they prefer to consume



Daily Nutrition Log

Name _____ # _____

Parent Signature: _____

Meal	Food	MP	BC	F	V	MD	FS
Breakfast							
Lunch							
Dinner							
Snacks							
Total Servings →							

MP = Meat/Protein BC = Bread/Cereal F = Fruit V = Vegetable MD = Milk/Dairy FS = Fats/Sugars

Nutrition Log Evaluation

Look at your totals in each of the six food groups. Compare them to the recommended servings given below. Tell whether you need to eat more of some food groups or less of others. Perhaps you have a balanced diet and have just the right amount in all categories. If so, name each food group and describe how you meet the guidelines.

Recommended Daily Servings

Milk/Dairy 2 to 3
Fruits 2 to 4

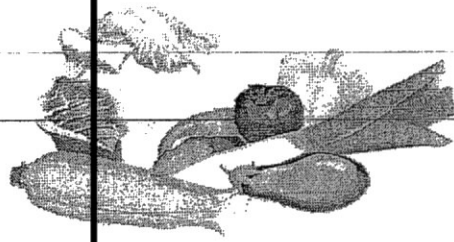
Meat/Protein 2 to 3
Vegetables 3 to 5

Bread/Cereal	6 to 11
Fats/Sweets	Use sparingly

Name: _____

Date: _____

Eat Your Vegetables Challenge



Complete the activity.

- ___ 1. A leafy green vegetable that will make you strong like Popeye.
A. spinach B. potato C. cauliflower D. cabbage
- ___ 2. A member of the lily family, the earliest stalks are an apple-green with purple-tinged tips.
A. lettuce B. brussels sprouts C. asparagus D. cucumber
- ___ 3. A leafy green vegetable (some varieties have red/purple leaves).
A. cabbage B. radish C. lettuce D. cauliflower
- ___ 4. A type of dark, root vegetable with a hot, sharp taste.
A. cucumber B. radish C. cauliflower D. asparagus
- ___ 5. Usually large pulpy deep-yellow round fruit of the squash family maturing in late summer or early autumn.
A. pumpkin B. radish C. potato D. cauliflower
- ___ 6. A very starchy root vegetable.
A. spinach B. radish C. potato D. pepper
- ___ 7. Sweet and hot varieties of fruits of plants of the genus Capsicum.
A. asparagus B. spinach C. cabbage D. pepper
- ___ 8. Small cabbage-like heads or buds growing along a stalk.
A. pumpkin B. brussels sprouts C. cauliflower D. asparagus
- ___ 9. A green leafy vegetable usually used in salads.
A. cabbage B. potato C. lettuce D. cauliflower
- ___ 10. A vegetable with a green skin and a white watery flesh that's used to make pickles.
A. pepper B. cucumber C. cabbage D. pumpkin
- ___ 11. A plant having a large edible head of crowded white flower buds.
A. cabbage B. asparagus C. cauliflower D. brussels sprouts